

YOUR PASSPORT TO HEALTH NEWSLETTER

April—June 2003

Keeping
Clients
Informed

WHAT'S INSIDE ...

- Suicide
- Indian Health Services
- Emergency Services
- Head Lice



Services provided under the direction of the **Montana**
Department of Public Health and Human Services.

Suicide

There are warning signs

In the last three years, suicide was the second or third leading cause of death for teens. Montana has one of the highest suicide rates in the country.

There are usually signs when someone is thinking of suicide:

1. **What is the person saying?** People usually say they want to die or feel helpless before they commit suicide.
2. **How is the person acting?** People thinking of committing suicide may seem depressed, or talk about death a lot. They may be taking risks, or doing things they don't usually do.
3. **Is the person acting like they are going away?** People who are going to commit suicide may visit people they love and give away the things they own.

You can help

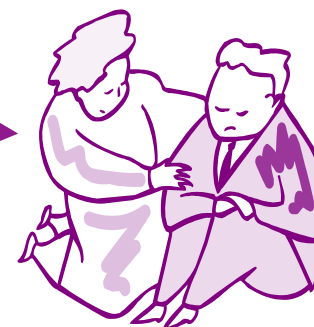
1. If someone is talking about committing suicide, LISTEN. Really listen, don't judge or lecture.
2. Tell the person you care about him or her.
3. Suggest that he or she talk to his or her provider, or call a suicide prevention line.

- Call 911 if you need help right away, or go to an emergency room.
- Call 1-800-SUICIDE—they can link you to a local crisis center.
- Call 1-800-999-9999, a crisis hotline for kids that can link you to a local crisis center.

Most importantly...

If you do not think it is safe, do not leave the person alone. Stay with him or her until you can get some help.

You can find more information about suicide at www.montanasuicide.org





Indian Health Services

If you are a tribal member and on the PASSPORT To Health Program you may be able to choose the I.H.S. as your PASSPORT provider.

If you choose the I.H.S. to print on your card as your PASSPORT provider

1. You can go to the I.H.S. to get your Medicaid covered services.
2. You can go to any other Medicaid provider **IF** the I.H.S. gives you a referral to that provider.

If you choose a provider other than the I.H.S. to print on your card as your PASSPORT provider

1. You can go to the provider printing on your card for Medicaid covered services.
2. You can go to the I.H.S. **without** a referral.
3. You can go to any other provider **IF** the provider printing on your Medicaid card gives you a referral to that provider.

Emergency Services

When should you go to the emergency room?

- DO NOT go for routine care.
- DO go for emergencies.

What is an emergency?

- Symptoms are so severe that you think your health (or the health of the person or an unborn baby) is in serious danger unless you get medical treatment immediately.

Some examples of an emergency:

- Major injury, no pulse or breath, active bleeding, passing out, shortness of breath while resting.

If you are not sure you should go to the emergency room, call your provider. If it is after office hours, call the 24 hour number that prints on your Medicaid card. Medicaid will not pay if you go to the emergency room when it is not an emergency.

Did You Know...

... your eligibility case manager cannot change your PASSPORT Provider? You must call the Montana Medicaid Help Line to choose a new provider.

...that some prescriptions need to be prior approved for Medicaid to pay? Your provider's office needs to call Drug Pre-Authorization to get them approved.



Head Lice

In Montana, children with signs of head lice are not allowed in school until they are treated to get rid of the head lice.

To treat head lice:

- **Go to your provider**—Medicaid will pay for over-the-counter treatment with a prescription.
- **Follow the directions**—It is important that you complete the treatment.
- **Clean items the child touched**—Clothes, linens, and towels should be washed in hot water (131 F) for 20 minutes. Brushes, barrettes, and combs should be soaked in hot soapy water for 20 minutes. Car seats, beds, and carpets, should be vacuumed and the bag should be thrown out. If an item cannot be washed store it outside in an airtight plastic bag for five days.



Have Questions?

- Do you have questions or need help on changing a PASSPORT provider?
- Do you know what to do if your Medicaid card is not correct?
- Do you need to know if your child needs a Well Child Check Up?
- Other questions?

Call the Montana Medicaid Help Line

We're here to help you!

REMEMBER

The Reading Well
"Be Well, Read Well"

If your child is two years old, call your county or tribal health department for a **FREE** children's book.

Important Phone Numbers

Montana Medicaid Help Line

General Medicaid Information
PASSPORT To Health

1-800-362-8312

Mental Health

(General Information)

1-888-866-0328

Social Security

1-800-772-1213

Children's Health Insurance Plan

1-877-543-7669

PASSPORT To Health
Medicaid Managed Care

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